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r a y s o f t r u t h

Written by
Enlightend mystic
Pujya Dr. Maa Hareshwarideviji

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This book is only for
spiritual seekers.

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r a y s o f t r u t h

Catechism between
seekers and Pujya Maa

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Rays of truth - 6

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ॐ सर्वात्मने नमः



To me, religion means, by which one can achieve a proper vision for life, and understand that how to live and why to live.

- Pujya Maa

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PREFACE.....

When a seeker starts spiritual journey, some basic questions arise in his mind. Simultaneously, he feels that it is the 'U' turn of his journey. Suddenly he realises, it is the turning point of his life. This turn is beautiful but little bit critical and risky too. At that time he feels the need of a master, or a spiritual guide, or Guru, who can help him to understand truth through his environment, inspiration, conversation and guidance; and some catechism with grace and affection. This way he is encouraged, transformed and gets proper vision to understand truth.

I and some other disciples of Pujya Maa were also facing the same condition. Some of them were in contact, by means of correspondence with Maa, to get answers of their spiritual questions.

Fortunately, I directly came in contact with Maa. I got very pure, pious and inspirable vibration from Maa. I felt that my spiritual journey will definitely become com-

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plete now. I surrendered at the feet of Maa and took sanyas. I also got solutions of my problems from Maa along with other disciples. Those were not only answers but best psychoanalysis, practical conclusion and spiritual solutions too with scientific touch. It was a divine gift to me from God. I felt, "I am growing."

Maa has been giving guidance in India and in other countries for last 35 years as an enlightened mystic. I thought that other seekers must also be helped by publication of these catechisms. I requested Maa for this noble purpose. Maa gave me permission with blessings. I am giving this divine *satsang* to you. If some seekers get help spiritually and be motivated towards the path of truth, then it is enough for me.

- Swami Shaileshwar
Disciple of Pujya Maa

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I don't want to see you in the state of ignorance also. I want that you simply ignore certain matters without any reaction. Don't be ignorant, and don't be such weak that anybody can excite you easily. Don't be aggressive, don't be a judge in favour of you or others, and don't react emotionally.

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Question. 01

- Nancy Khurrana.
Gurdaspur, Punjab (India)

Pujya Maa, why do you say often,
“don’t react?”

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An enlightened person has the capacity to understand facts. He can absorb the positive things of world and increase his energy. Suppose someone tries to put allegations on him, he turns those into ashes by his power of wisdom. In such way critics and opposers both become helpful to him but remember! He never reacts.

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Answer from Pujya Maa.

Why you react?

When you react over any thing, it proves that you can not digest that thing. I want that my *Sadhakas* increase their digestive power as much as possible and it is possible by meditation.

To digest any thing means, something is burnt out by your fire or digestive power or something transforms into useful things in you. If you react directly; you create only poison within you and poison against anyone. You react immediately means, you try to protect yourself. It means you are unprotected already or fearful. You react, means you are going to counterattack mentally or by gesture. You are not able enough to absorb the instruction or attack.

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Don't be dead.

Only two persons never attack, either dead or enlightened. I wish that you live like an enlighten person.

If you are dead intellectually, if you are dead mentally, if you are dead emotionally, then you never react because you don't have any intellect, no thoughts, no feelings, no hope, no choice, no self-respect and no help. You have already set your life in certain block. You have accepted slavery; you feel full safety in the slaver-hood. You have no fear or no thought of rebel. You are used to easily digest the things or conditions which are really indigestible. It looks non-reacted stage. You never react over anything but it is not fair. It is more dangerous than expression of reaction. It is better that you react over anything, any thought, any person, and any atmosphere. Catharsis is better than supression. I don't want that you live your life like a dead, like a coward, as if you are in coma or handicapped. You have come here to live like a representative of God not as a slave.

Be free from ignorance and illness.

I don't want to see you in the state of ignorance also. I want that you simply ignore certain matters without any reaction. Don't be ignorant, and don't be such weak that anybody can excite you easily. Don't be aggressive, don't be a judge in favour of you or others, and don't react emotionally.

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When you react, immediately, it is proved that you are ill. You are living with prior-ideas. You are living with prejudiced mind, and with certain conception. Your conceptions are going to be shattered, you become excited. You are living with fix frame. Your mind is full of prefix data. You can't come out from that frame. You can't break that frame. If anybody tries to break it, to enter in it, you can't bear; you react immediately. You are never ready to think that your reaction is right or wrong. You are never able to think that other may be right; other may be your well wisher. Sometimes it happens that you may not be able to understand properly others action and you react, because you are ill. How an ill person can behave or think or act healthily? In the condition of illness, your acceptance or your reactions both are meaningless.

Suppose there are two or more ills, then reaction transfers to each other and in surrounding also, like a dangerous infection. Sometimes some innocent people may become prey of it.

Go towards enlightenment.

I am telling you that behave as an enlightened person. Without attaining the state of enlightenment how can you behave as enlightened man? That is why, I often emphasize on the methods of meditation.

An enlighten person never react. Have you ever heard that Buddha, Mahavira, Jesus had reacted?

An enlightened person has the capacity to

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understand facts. He can absorb the positive things of world and increase his energy. Suppose someone tries to put allegations on him, he turns those into ashes by his power of wisdom. In such way critics and opposers both become helpful to him but remember! He never reacts.

First, he remains witness in certain situation. In the second stage he analyses the thing under the light of wisdom, under the light of understanding, under the light of awareness and in the third stage if his third eye finds anything wrong; even then he never takes the things as wrong. He never becomes angry with critics or opposers. He never answers or never wants to take revenge. He never makes any grudge in his mind. He simply remains witness again, in such way he digests every thing like Lord Shiva, who digested the poison at the time of churning of ocean.

I am going to tell you again and again "don't react"; only ill person reacts, I don't want that you remain ill, I don't want that you live deadly, dead life.

I like you to live joyfully, awarely, tremendously, healthily. There may not be any reaction, no criticism, and no prisonism.

You go beyond the bondages of action and reaction.

With blessing,

Maa

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Question. 02

- Mukesh D. Patel,
Bangalore, Karnataka (India)

Pujya Maa, how one can reach to real happiness?

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At the stage of real happiness, you can talk with trees without speech; you can dance with streams without motion, you can play with God without duality, you can flow with river without flowing, you spread fragrance without flowers; you become very source of delight, you can feel that you are the root cause of existence, treasure of divine prosperity and vastness of sky. Nobody can cut- off you from this wonder of divinity.

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Answerfom Pujya Maa.

ART OF HAPPINESS

Definition of happiness:

Happiness means the experience of the ultimate satisfaction. This ultimate is never ending, eternal, complete in it-self, perfect and is like God.

Generally people have no any concern with ultimate. They are happy with fragile things. They become happy with fantasy, sensual pleasure, ordinary things and ordinary achievements. They believe that they are happy. They cannot think about ultimate goal, ultimate fly, ultimate efforts and ultimate happiness. Due to their ignorance, they are satisfied with ordinary objects.

Your ultimate nature is happiness itself. There is no need of any external happiness. The very nature

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of human being is the form of happiness.

Upnishadas says,

'Anandam bhramano vidvana....'

All scriptures of Hinduism have narrated about *Sachchidananda*. Though this *Sachchidananda* you cannot find in any scripture, any temple or any idol. It is within you and in your surrounding. It is also within animate and inanimate.

Happiness means eternal delight. It is the state of *'Ananda'*. The word *'Ananda'* is synonym of happiness. It is a Sanskrit word. There is no word in English language like *'Ananda'*. There is no antonym of *'Ananda'*. That means the real happiness doesn't have any antonym. If you are in search of worldly happiness; immediately sorrow will come like the other side of a coin.

The mind is barrier between you and happiness.

The question may arise in your mind, "How one can attain the stage of ultimate happiness?" There is only one answer, "Return toward your self."

Always see the world or life or any incidence of life, like a watcher. Remember! Always remain aware of meddler of mind. When your mind starts to interfere in any condition or any matter, immediately the coin of your world becomes two sided. The mind always creates dilemma, it has no vision and the meddler of mind creates disturbance for you, it becomes barrier between the incident and your steadiness. Mind always insists you to involve in situation. It never wants

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that you remain simply watcher at every occasion. If you remain as a watcher then what remain for your mind? Only watching of any occasion or incidence is the state of "no mind".

When you become a watcher, immediately the existence of your mind will disappear. But mind is very cunning, and very ancient. That's why it has tremendous possession on your every movement. It behaves like an owner of you, it always wants to remain on central stage, and it doesn't like to disappear because its encroachment is very old. That's why it tries to possess you. In such condition first of all, you have to recognise the glimpses of real happiness and then you have to go beyond the barrier of mind.

The happiness is God itself.

Now try to understand, your original form is the very form of happiness and this happiness is subtly the form of God, this happiness is reflection of God. The godliness is only expressed through this happiness and when one gets the stage of this happiness, there is no need of any external happiness or materialistic happiness. But, mind has covered your reality. Plus, mind doesn't have any capacity to provide ultimate satisfaction. It is ever demanding, ever thinking, ever disturbing, ever suggesting and ever collector of memory but it has no solution, it has nothing fresh. It wants always some new and fresh but collects always garbage. It likes to associate with objects, with material, with money. It always likes the

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company of senses and uses cunningly your body for the fulfillment of its purpose. It opens the nine doors of body. It can turn-off your head. Only body cannot do anything. Sometime it follows according to mind, sometime follows the voice of soul and sometimes goes according to indication of intellect. Everybody uses it.

Open the door for happiness with awareness.

When all doors are open, it is not necessary that always fragrance comes. Only pious and beautiful will enter into it. Moreover, rubbish, unworthy and useless enters your home (means body). Generally rubbish is available in your surrounding. Every meaningless thing, you also get easily. Sometimes, such ridiculous things enter your body without your permission with the mask of happiness. In this way you are deceived by your mind. You are betrayed by this beautiful mask and slowly-slowly you start compromising with your mind. You start to take training of mind, and obey the mind. Finally, you forget about your real form, your originality. By and by you forget that you are very source of real happiness. But with full awareness and proper spiritual efforts, when you go to correct recognition about self, you become sure about your original form and suddenly you will feel a vastness, greatness, perfectness, a completeness and satisfaction without any object. From these feelings you experience happiness. From this state some wonder burst out from you, as dance like Mira, songs like Jaydev, peacefulness like Buddha or non-violence

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like Mahaveera.

What happens in the state of happiness?

At the stage of real happiness, you can talk with trees without speech; you can dance with streams without motion, you can play with God without duality, you can flow with river without flowing, you spread fragrance without flowers; you become very source of delight, you can feel that you are the root cause of existence, treasure of divine prosperity and vastness of sky. Nobody can cut-off you from this wonder of divinity.

The power of real happiness

It is never ending happiness, nobody can loot it. The shadow of sorrow will never come near you. There is no question of pain or pleasure. There, doesn't remain any contradiction in your life. There, doesn't remain any feeling of revenge, envy and greed. There is nothing to demand from anybody. You must experience this real happiness as a spiritual seeker.

With blessing,

Maa.

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the 'ultimate why', the real 'why' and this 'why' comes from inner core of your existence. This 'why' is never satisfied by worldly things, readymade thoughts and bogie things. It is never satisfied by worldly achievements or awards. Ultimate 'why' finds some facts and some real. It increases your thirst for truth. You try to quench it with integrity. You try to sacrifice yourself, your ego, your wealth and your everything; for the real solution of this 'why'. Then your Guru meets you, and your spiritual master becomes ready to help you. That master may be any, male, female, anything from nature or even your own power like Buddha. It may say to you "Be a lamp unto yourself." And suddenly you will enter in the ocean of delight and peace, and finally you will go beyond every 'why' permanently. You have to reach up to this 'ultimate why'. Only it can help you.

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Question. 03

- Manmohit Banerji
West Bengal (India)

Pujya Maa, from where the "Why" comes?

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Remember! knowledgeable means not Gnani.

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Answer from Pujya Maa

Understand your "why".

There are so many 'whys'. I have analyzed these 'whys' in five parts. One has to know from where his 'why' comes? To me, it is the subject of psychoanalysis. There are many places of 'why' in human being.

These five types of 'whys' are as:

1. Childish 'why'.

Sometimes, some 'why' comes from the habit of pry. Generally, children are habituated to ask this type of 'why'. They are not able to live alone. Their mind is very fickle. They try to keep you busy with them. They have self-centered mentality. Due to their funny activities and questions you have to pay attention

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towards them, either you are interested or not.

When an elder fellow behave in this manner then it looks ridiculous.

One doesn't have more concern with this 'why'. Though, he just asks like child due to his ignorance, worldly ignorance. There is no any purpose, no sincerity, no understanding about significance of that 'why'. This 'why' is foolish and meaningless; this is childish 'why'.

This 'why' is not useful for your internal or eternal uplifting. Even though, sometime you continue on this 'why' as a habit of prying. Due to the desire of remain in centre, to attract others towards you and the feeling of looking smart, you behave this way. But is not fair, one should not remain child forever.

To me, child means an ignorant entity. You must remain innocent like child for whole life. It is sainthood. But, if you remain ignorant for whole life, develop the habit of prying and remain bounded with 'why' always, then the habit of asking nonsense and meaningless questions is miserable for you. It is only disturbing for you. You should not be headache for other.

2. Time killer why.

Sometimes, the 'why' comes for the idea of time passing. I have seen some idiots; they use to gather in garden or at certain places. They are never interested in any fact, any reality, and any truth. They want just pass their idleness. They are hypocrites. They have developed the habit to criticise the

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statements of each other and create new 'why' again and again. They have no constructive capacity. They have no self respect. They have even no solid or true ego. They like quarrelling on the name of beautiful discussion or philosophy. Every one of them tries to impose their thoughts on each other. Everybody is ready to create new 'why' for debate and only for argument, without any clear vision. Everybody of them is ready to give answer of that 'why', but nobody is ready to accept anything. They are interested in creating conflict only. They can't have healthy dialogues and they don't want to come on any conclusion. They like only argue either right or wrong; it doesn't matter. They never want to come to any conclusion. They may have deteriorated mind, and they like to cut each other's statement. Each of them tries to prove that "I am perfect" but in fact they all are idiots. They don't want to reach to fact. If they reach to right conclusion, how will they pass their time? They always create new and new and new 'why' like politicians, and such 'why' is more dangerous than first one. Such 'why' is endless 'why', idiot 'why'. It wastes your time.

To me, it is not only time passing but killing of time. It is psychological offence. If you want to be a spiritual seeker, always try remain aware and far from such 'why'.

3. Selfish why.

Third 'why' comes from greed and selfishness, but it is little bit genuine than second. This 'why' comes

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from ordinary and selfish mind. A selfish person is never ready to do or follow anything without 'why'. In every matter he puts 'why' in middle, and tries to get answer. He calculates something in his mind. If he feels that he is in benefit, he agrees with you, otherwise he opposes or escapes or drop ideas. Generally, so called religious persons and so called family members may like this. There is selfishness in the centre of their 'why'. There is temptation of heaven, *Moksha*, name, fame or money after 'why'.

4. Worldly why.

There is forth 'why', which comes out of curiosity. It is also authentic to some extent, though useless. 'Why', which arises out of your curiosity, may satisfy your brain, your mind, and your intellect. This 'why' may increase your knowledge. But finally it is also in vain, because it is the nature of brain or intellect to be curious to know something new. They collect informative data and from time to time pass on to you to exhibit something. Through this 'why' you may become like a godown of information. You can win logically someone easily with the collected material. You can impress other people. But it is more dangerous than second 'why'. Because due to 'why'-'why'-'why' you may collect tremendous details about various subjects in your mind. You may be illusonal and you believe that you are really knowledgeable. But remember! **knowledgeable means not *Gnani***. This 'why' can make you a storehouse of information from scriptures, information, readymade thoughts of

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other books and means, and cramming of certain principles. But you can not become a wise person. You can collect knowledge but you don't have any glimpse of wisdom. It may be that your head may fully-loaded with borrowed materials. But, you don't have any experience of self-realization. Ultimately this 'why' is also useless. Let it be useful to people for some invention and some experiments. Isaac Newton, Albert Einstein, Graham Bale, Galileo and others invent or discover tremendous things in favour of human kind but they are not considered as enlightened man because their all inventions and discoveries are worldly.

Research takes place from this 'why' but in reference to self-realization, it is useless.

5. The ultimate why.

And now I am coming to the 'ultimate why', the real 'why' and this 'why' comes from inner core of your existence. This 'why' is never satisfied by worldly things, readymade thoughts and bogie things. It is never satisfied by worldly achievements or awards. Ultimate 'why' finds some facts and some real. It increases your thirst for truth. You try to quench it with integrity. You try to sacrifice yourself, your ego, your wealth and your everything; for the real solution of this 'why'. Then your *Guru* meets you, and your spiritual master becomes ready to help you. That master may be any, male, female, anything from nature or even your own power like Buddha. It may say to you "Be a lamp unto yourself." And suddenly

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you will enter in the ocean of delight and peace, and finally you will go beyond every 'why' permanently. You have to reach up to this 'ultimate why'. Only it can help you.

With blessings,

Maa.

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Question. 04

- Rohit Wilson,
Houston, U.S.A.

Pujya Maa, I am very confused to understand the religion, please clear my doubt and make me understand the real religion.

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The true religion never guides you about any imagination of God. It believes only in realisation, it guides us to experience Him. The true religion always makes us confident, clear, doubtless, courageous and cloudless. It gives us wings to fly in the sky of truth. It removes our darkness of ignorance. It gives us opportunity again and again to self- study and brings wisdom to us.

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Answer from Pujya Maa.

The definition of religion

To me, religion means, by which one can achieve a proper vision for life, and understand how to live and why to live?

The true religion makes you free from all bondages. The real religion never keeps you like a prisoner. The real religion never wants to make you a sheep of a herd. This type of religion stands upon pure religiousness, not on rituals, not on practices, not on hypocrisy, not in temple, church or mosques and not on boogie things. Some so called leaders of our religions have failed to give the real religion, why? They are interested only in leadership, money and crowd; not in truth, in peace and in true religion.

Some religious leaders are like politicians. They

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always think about money, power, leadership, and crowd like a greedy man. They are never ready to think about religiousness, about spiritual wellbeing of humanity and awareness in people or about real understanding.

They always want that people should remain sleepy. Your sleep is beneficial for them and your awareness is dangerous for their vested interest.

Whatsoever has been happening with humanity on the name of religion and on the name of God is very piteous.

We are observing the contemporary concept of religion. It is related with traditional sectarian custom, and moreover religious customs are rotten and selfish. Due to this, the exploitation of human being is going on and on and on. The religious exploitation is more dangerous than others. Some rotten customs of religion don't have any concern with human beings and balance of whole existence.

Whenever people have not been aware about of this fact, even real religion could not help them wholly.

I want a religion where religiousness must be present perfectly.

Don't join religion with the idea of renunciation, sect-marks, arduous practice, celibacy etc.

Some people join religion with the idea of renunciation but it is not real renunciation. It is only physical and psychological suppression.

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Renunciation, without understanding or without awareness, is not only dangerous, but, is one type of exploitation. If you want to follow any religion and you have to renounce anything forcefully, automatically this action becomes non religious.

The natural renunciation doesn't need any religion or sect etc.

Exploitation by others is bad, but exploitation of you by your-self is very-very dangerous. When you restrain anything forcefully or under the influence of any religion, any impression, any religious leader, any vested interest, or, due to helplessness; immediately this renunciation becomes suppression.

Due to this suppression your mind is become deteriorated, your mind becomes crooked, your body becomes ill and your own religion (real nature) dies, because every creature has its own *Dharma*. Don't try to follow *dharma* with any crowd, sect, symbol or uniform. Try to understand its immense meaning. Even a small particle of dust has its own nature -*'Swabhava'*. When any body tries it to turn from its real nature, at that moment it becomes its non religious.

What is the real religion?

To me, it is the beginning of real religion, when you try to understand yourself. Try to read yourself, your nature. Try to see yourself. When you start to live with your reality, with freedom, with joyfulness; it is real religion.

Live rich life. Don't connect this word with worldly

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riches but take its meaning in the sense of self-contentment. Live complete life and perfect life.

Understand the difference between renunciation and detachment.

Renunciation is not bad but it is invisible happening. It happens within you. When it happens inside you automatically many things are dropped. Renouncing of home, wife, children, job or money, is not true renunciation.

One should understand the difference between renunciation and escaping, by the power of awareness. Nobody can bend you to renunciation. Renunciation is a subtle process, it is real happening of *Sanyas*, it is a state, not an action, it is happening of religiousness, but it should be natural.

If your renunciation is natural and is spontaneous like a stream, then it is very beautiful. If it is a result of suppression, it is an imposition on you by any sect, or, result of escaping, or, depression then it looks ugly.

Without understanding and awareness it creates poor, insane and crazy monks in society. In this way, this illness spreads out on bigger scale on the name of success of particular sect. Gradually suppressive, lightless, charm-less, smile-less, delight-less, wisdom-less and gloomy society comes in existence and this society becomes use-to for suppress himself and makes suppress others too on the name of big religion.

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To me, such religions are killers. Such religions can't create any new, any fragrant, and any real. Whatever religion is doing this thing, all are hypocrites, dead and ill. One ill never helps to other ill; a bounded person can't make others free.

Be aware from pretenders.

Generally, so-called religious leaders always emphasise on practice of virtue, without the practice of awareness and without the understanding of the very purpose of commands of Holy Scriptures. They always try to create guilty conscious in your heart, because they want to keep you in their clutch. They never practice for any virtue. They are always interested in unworthy and un-virtual things like crowd, power and worldly indulgence, and always preach against all these things. They try to show you that they are great saints, great renouncer, great knowledgeable and they have achieved everything.

So, the real seeker has to remain aware from these pretenders and he has to try to find the right way for his spiritual uplifting.

You are the latest version of God.

Remember! You are treasure of virtue. Be free from fear of religion. Virtues are already there. There is no need to practice it. Just, you drop curtain which is created by mind, curtain of illusion, curtain of doubts, curtain of fear, curtain of insecurity, curtain of guilt and curtain of unworthy things. Suddenly your virtues will start to illuminate in yourself.

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Don't worry about vices. Vices are also superficial like curtain. You can remove it at the moment of consciousness. The moment; curtain is removed, you will realise that you are the best and the latest version of the God.

Your spirit or your spiritual body is your real body. It is fully free, pious and powerful. It is full of virtue, there is nothing except virtue. Peace, delight, aloneness, truthfulness, righteousness, non violence, love and mercy etc. are the qualities of your real forms.

Be aware of religion sellers.

Some religion sellers have established themselves as religious leaders. They never try to preach in correct way. Why? First reason is, they don't have any experience of truth. Secondly, they are never interested in reality and the thirdly, if they know some truth, they are never interested to make you aware of these truths; because your sleep, your unconsciousness and your blindness is beneficial to them.

Why do they make you aware? If you become aware, they have to bear looses. If you remain unconscious about your truth and feel always guilty; it is the surety of their bread and butter. They believe in only one principle 'abuse and advice are only for others'.

There are three types of people in our religions. One of them is like a sleeping partner; the second is

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working partner and third is investor. Now a day religion has become a contract in monasteries, temples and churches. Gurus of traditional site of sect are like a sleeping partner, they have nothing to do, and people are used to follow them blindly like a sheep. It is a tradition, which has been established by their forefathers. They have to follow it from time to time to pay a type of voluntary religious tax. It is piteous. Giver thinks that he is investing his money for his good and welfare, but it is in vain. That's why I am telling that such investor is getting losses and he is exploited by so called religious deceivers.

Second are working partners, who performs rituals. They are little bit better than those sleeping partners. At least, they do work for *Kriya Kanda*. Most of them are miss-guider in this class; though little bit authentic. Because they chant mantras loudly, make platform for sacrifice etc. But it is more dangerous, because they create temptation of heaven in your mind. They create fear of hell also and tell you the trick, how to be free from hell? How to get indulgences of heaven? How your ancestors will become free from *prait-yoni*? etc. It is impure contract. You pay them money and they become mediator between you and God. But fun is that, they have never seen the God and going to be the mediator between you and God. How funny! How foolish it is!

They insist you for repentance of sins. Generally, temples and churches are full of repenters. First they allow you to commit sin, and then suggest you to go

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to church, to cover yourself with confession box, to confess your sin, to pay some money as donation, and be free from worry of sin and fruit of sin. If you want to commit sin again then again prepare for confession and rituals for repentance. This is the vicious and endless cycle. Simultaneously, exploitation also becomes endless on the name of religion.

I want to cut the trap which has been making you a prey by cunning contract of religion-seller on the name of God, on the name of sin and virtue, on the name of your *Pitru* (ancestor), and on the name of hell and heaven.

The God has no concern with different religions

Remember! Unless you see the God, who already resides in you, God will not help you. There is no God outside of you. If you experience that God is with you and within you, immediately you recognise that the God is everywhere. There is no need to be afraid of. If you have blind faith in a particular God and you deny the truth, that the God is within you, you are denying the God. Non acceptance of God is insult of you. If God is apart from you, it means He is apart from Ram, Krishna, Buddha and Mahaveera also. If they were God; you are also God. If you believe that they were not God, even though you are God. If you believe that God is omniscient and omnipotent, then He is present in you also. If you deny that there is no God even though you are God; because you can oppose God only by the power of God, which resides in your cells. Without father, how

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son can come in existence to quarrel with his father? But here this is not the subject of logic or any philosophy. It is proved moment to moment that mystery of God is working within you, with you and in surroundings of you.

Don't be fool, don't be afraid.

I want to tell you that God of religion makes you fool and makes you afraid. God of religion is created by some cunning fellows. The God of religion is limited, He is partial, and He is not whole. The Gods of religions are many. The God of religions always confuse you. But, true religion brings you towards yourself, towards truth, towards light of wisdom, towards reality.

According to true religion the God is not imaginary because every imagination has its limitations. Suppose Negro imagines about God, so God will be black. If European imagines about God, He will be blond. An Anglo-Indian imagines as red and buffalo imagines like itself.

The true religion never guides you about any imagination of God. It believes only in realisation, it guides us to experience Him. The true religion always makes us confident, clear, doubtless, courageous and cloudless. It gives us wings to fly in the sky of truth. It removes our darkness of ignorance. It gives us opportunity again and again to self-study and brings wisdom to us.

The real religion leaves us free to dive in the ocean of experience. It considers everybody as pure

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and innocent. The true religion gives freedom to live your life in a natural way. It never suppresses you, imposes nothing on you, it has nothing to make you afraid, it doesn't believe in worship. It believes in worshipfulness, worshipful heart, and due to that you become compassionate and earn your own God, and experience Him as well.

With blessing

Maa

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Question. 05

- Mukesh D. Patel,
Bangalore, Karnataka (India)

Pujya Maa, how can I understand that I am going to the state of silence? What happens in silent state?

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The stream of river comes out from mountain, you can listen its murmuring when it starts, but before its flowing, deep silence is there. The blossoming of buds is also silent, the sun raises silently, the light of stars and moon spreads in the sky silently, growth of pearl in shells is very silent and the process of the transformation of egg into bird is also very silent. Thus every miracle happens in the deep silence.

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Answer from Pujya Maa

The meaning of Silence

Silence is really a beautiful word; it has a very deep meaning in itself. Silence doesn't mean absence of words, absence of noise or voice. To me, silence means totally peacefulness.

Pay attention to the word 'totally', complete peacefulness is silence. Silence is not only a beautiful word or only magnanimous word but it is very mysterious, and miraculous. I have experienced the greatest miracles of universe have happened in deep silence. It is like transformation. Transformation of *Sadhaka*, transformation of seeker, transformation of person or devotee is only possible in silence i.e. silent condition of mind. You can see that very huge or big tree comes out from a very small seed but the process

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of becoming a tree, takes place in very deep silence under the earth. This process is very subtle. Tree can't come out from seed or form the ground, without silence. This way there is tremendous importance of silence that works behind whole existence.

Silence is original nature of nature

The stream of river comes out from mountain, you can listen its murmuring when it starts, but before its flowing, deep silence is there. The blossoming of buds is also silent, the sun raises silently, the light of stars and moon spreads in the sky silently, growth of pearl in shells is very silent and the process of the transformation of egg into bird is also very silent. Thus every miracle happens in the deep silence.

Importance of silence

Words are meaningless without silence. They are only meaningful due to silence. You remain free in silence state of mind. Your freedom depends upon silent condition. There is a proverb, "you are master of unspoken words but you are slave of spoken words." So, silence is very important in human's life. But our society, our temples, our so called *ashrams* look like hospitals of insane or neurotic persons. How can one make them understand? How can one make them aware of silence? Because schizophrenic society only understands the language of noise, turmoil and quarrel. They never experience the silence; never try to go to silence.

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Meditation is the key and art of silence.

We have to try to bring non-understanding people on the path of meditation. It is the only path where person can encounter with silence. Person has to try to understand the language of silence. But, person becomes helpless to understand the power of silence right from birth to death. Silence is felt tension-some in prior stage of *sadhana*, but slowly-slowly when other things start dropping, suddenly one can enjoy silence. He starts to understand silence. Some miracle starts to happen with *sadhaka* or meditator. It is beyond words. You can experience that state, if you enter in the world of meditation. If you experience that wonderful world of silence, you will be fortunate.

With blessings

Maa

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Sanyas means the combination of independency, fearlessness, piousness, geniousness and happiness.

Sanyas means leave everything on existence: no desire, no persisting, no pursuing, no bondages and no complaining.

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Question. 06

- D.L. Jack,
Delhi (India)

Pujya Maa, "Is it necessary to leave Sansar, to be a Sanyasin?"

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One should not join sanyas with appearance, uniform, sect, and monastery. Sanyas means not renounce anything but the happening of renunciation itself.

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Answer from Pujya Maa.

"No. Not at all"; *Sansar* and *Sanyasa* are the state of inside.

1. Definition of 'desire of *Sansar* and *Sanyasa'.*

To live in *Sansar* means you are interested in external side, you are interested in worldly things, and you are interested in sensual pleasure. But to live in *Sanyasa* means you want to go beyond all these; you are interested in inner world.

2.a. Sanyasa - in ancient India.

In ancient India most of *rushi, muni,* and sages were house holder, still they were *sanyasin*s. House holding life could not disturb them because their target was pure spiritual. They had wives, they had children, and they resided in *ashrama*. There was love between

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wife and husband, and they never hated worldly life, because they had understood that the body, senses and love are the means of getting truth. They knew that they had to reach visible to invisible, mortal to immortal and fragile to eternal. They properly used all means which were given by nature but they never stopped at body and beauty. They were interested to investigate the mystery of God by two bodies or with other worldly relations. They wanted to know the very source of delight, they invented individually that *sansar* is a media to reach to real. They never used each other as an instrument for physical enjoyment only. But they indulged with awareness for spiritual experiment. Many subtle things are experimented by them with love and respect to each other. They participated in many mysterious things with physical, mental, social and spiritual involvement.

2.b. Gender works as a substitute in the spiritual path.

Male and female were co-operative to each other as a substitute of each other; it is badly needed today also. Their aim was spiritual. Their ultimate goal was to reach the truth of life – '*Dharma*'. By which person can achieve a proper vision for life and understand how to live and why to live. At that time company of male and female was not bondage for them but it was celebration for both. It was spiritual company; it was opportunity to reach to real. We can say that, they looked like a life partner but in fact they were spiritual partner. In fact it was spiritual partnership with house

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holding life.

With the course of time this beautiful company came in existence as marriage system.

Slowly-slowly freedom, fragrance and very purpose of company of male and female were defeated. Then, this marriage system has become a custom and with the age it became a rotten and partial compulsion.

2.c. Don't consider progeny as an obstacle.

In ancient India, our seers wanted to continue their race, with the purpose to give spiritual heritage to their progeny. In this way their progeny were also committed for the same goal. But, when any good system takes place as custom, the fragrance doesn't last more. Company of male and female should be willingly, but custom of marriage becomes compulsion. When compulsion is labeled on any beautiful thing, its beauty disappears, only ugliness remains.

2.d. Downfall of *Sanyasins*

This way the spiritual company of male and female converted as marriage system, marriage system became custom and custom became compulsion. Due to compulsion marriage become bondage for male and female. Marriage system stands upon the principle of right and duty but people consider it as give and take business. In this condition spiritual fragrance disappears naturally. The marriage system remains a media of emotional and physical

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satisfaction and social security. The same thing happened in India. In the course of time real seekers and sages disappeared and in the form of sages some hypocrites started their business in the name of religion. In such conditions, the situation of *dharma* and spirituality became spiritless. Only sensual pleasure remained and the purpose of *sanyas* was defeated.

3.a. The ideology of Adya Shankracharaya about Sanyas

By seeing all these piteous conditions *Aacharaya* Shanker established the new doctrine as the rule of *sanyasin* (approximately before 800 years). Those doctrines are as:-

1. *Sanyasin* has not to live with family.
2. He has to remain unmarried.
3. He has to follow celibacy.
4. He has to remain busy with spiritual development.
5. He has not to collect money.
6. He has to live like a beggar.
7. He has to stay in hut or any *matha* (monastery), etc.

Because, he realised that the very aim of *sanyas* was defeated by house holding life, so he made different division for *sanyasth* life and house holder life. In this way, under the impression of Aacharaya Shanker, these rules were accepted. But with the course of time these principles became a custom for *sanyasins*. Due to this, some compulsory rules for

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sanyas could not remain authentic after some centuries, because those were unnatural.

Due to the compulsion and some suppression of the *sanyas,* qualities start to disappear, and on the name of *sanyas* once again superstition, illusion and hypocrisy came in existence and confusion arose too much because the basic principles of *sanyas* are freedom, blissfulness and fearlessness.

3.b. Deterioration came again in *sanyas*.

After Shankracharaya, some sects remain clung with Vedic system, and some were with Shanker's philosophy. But, due to the lack of proper vision, some of them continued to hate money and woman on the name of *sanyas,* but there was not any fragrance of godliness or religiousness, only suppression and gloominess were remained. They forgot that "attraction of opposite is always powerful." It is natural thing; only by consciousness one can remain free from worldly attraction. Renunciation without understanding can't do help. Once again the very purpose of *sanyas* was defeated and so called *sanyasins* and sects again came in existence.

4. Sanyas is not the subject of rebel but it is beginning of self realisation.

Some rebellious mystics like Aacharaya Rajneesh (Osho) and other tried to give freedom to their *sanyasin* again, but it was also proved meaningless. Once again people started to take freedom without any hold or understanding. To be a

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rebellious without awareness, invites ruin.

Due to the lack of *samyaka anushasana* (self controlling with awareness), on the name of *sanyas* and freedom; drinks, adultery etc. entered. Some *sanyasins* started to enjoy all means of indulgence on the name of natural flow and some behind curtain. Some sects have condemned them. But both of them are on the wrong direction. Once again a question has started to arise in the mind of young generation that, what is the real *sanyas?*

5. The real Sanyas

To me, *sanyas* means the combination of independency, fearlessness, piousness, geniousness and happiness.

One should not join *sanyas* with appearance, uniform, sect, and monastery. *Sanyas* means not renounce anything but the happening of renunciation itself.

Sanyas means the developing of understanding. One has to develop the understanding. "If I cling with the things, though there is no way of permanent clinging. Suppose I remain attached with things or person mentally, permanently, it will become only bondage and the cause of pain for me. Depart from everything time to time, is the rule of nature. One has to be detached even from his body at the time of death. So what can we say about others? This is the rule of change. One has to follow the law of nature. It is the justice of God. If I am the traveler on path of

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truth; I have to prepare myself for every form of truth."

Sanyas means leave everything on existence: no desire, no persisting, no pursuing, no bondages and no complaining.

When you reach up to this stage, even worldly life can never become bondage for you. There is no need of renunciation of anything. You neither swell due to gain nor cry in pain, because the path of *sanyas* is beyond the rule of gain and pain.

In the state of real *sanyas,* let you wander in market but it can't block you; or let you live in jungle but you never disgust to market, money or woman.

The delight, purity, piousness and courage follows real *sanyas* like its shadow.

With blessings

Maa

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Simplicity can speak without word, it can move without action, it can fly without wings, it can joy without indulgences and it can live without past and future. Simplicity is like time, it runs every moment, time doesn't know any future or past, it only knows present. It is ever new, fresh, unpredictable and liberal. Though people have divided it in three parts but time is complete in itself.

Rays of truth - 64

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Question. 07

- Krishna Mahadev Purohit,
(South Africa)

Pujya Maa, please say something about simplicity.

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The state of witnessing of simplicity is called 'choicelessness'. It is the state of indifference and the final door of enlightenment. The state of enlightenment is the opening of liberation. Then it is felt beautiful than any beauty, joyful than any joy, and live than any life. This life was earned by Socrates, Jesus, Mira, Narsingh Mehta, Chaitanya Mahaprabhu and others.

Rays of truth - 66

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Answer from Pujya Maa

What is simplicity?

Simplicity means to live in natural way. Nature is very simple. It reveals in its own way. It never tries to copy any other. It has its own sources to express itself and for its existence. Whole nature or whole existence is simple. One can not find anything simpler than nature.

Who is simple?

A simple person also lives like nature. He never tries to be seen beautiful, never tries to show himself as clever or smart, he never tries to exhibit his knowledge or wealth, never tries to prove himself intellectual. Simple man seems to be as innocent as a little child. A simple man looks beautiful only with his simplicity. Simplicity never concern with physical

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beauty or ugliness. There is no concern with riches or poverty, no concern with qualification or illiteracy. There is no question of caste, creed and colour; no question about skilled or unskilled. But he always remains aware of skill of life. Skill of life means to live life completely as it is. Skill of life means to live totally in any condition, to enjoy it every moment either in happiness or sorrow.

Simplicity means a real way of life. One can achieve that only in natural way.

The philosophy of simplicity

Have you seen the picture of lord Shiva? You can never feel such satisfaction, such pleasure, such contentment, such wholeness, such health, such holiness, such silence, such peace and such delight of liberation, in any other picture. It is the result of simplicity.

Any fashion, any imitation, any dress, any acting or drama can't bring simplicity to you. But, simplicity is capable to bring everything to you; though it is never interested in anything. Simplicity never tries to suppress or impose anything on anybody or even on it. It is not impressed by anything but everybody is impressed by it.

The effect of simplicity

A little child is never impressed by you or by your chocolate. He is only impressed by your love, because the manifestation of love is natural. It is two way process and the world of vibrations. It may be

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either from his mother or from anyone. But, an infant is impressed only by love. Right from little child to an elder, a small flower to a big tree, small stream to an ocean, glimpse of light to sun or moon, either small blade of grass or dense jungle, even a small particle of dust or the highest mountain, they are never impressed because they are very simple and natural. So a simple man is never impressed with artificial attractions.

Yes! He is only impressed by simplicity like sunflower and sun, like lotus and dawn.

Vivekananda was impressed by Ramakrishna Parmahansa, Bodhidharma was impressed by Gautama Buddha and Euespensiky was impressed by Gurjief; behind these all incidences, simplicity works. These Gurus were authentic and disciples were also authentic, genuine, true and simple. These seekers, who were not attracted by their intellect, by their philosophy, by their personality or their logic; they were only attracted by their simplicity.

The spirit of simplicity

Simplicity can speak without word, it can move without action, it can fly without wings, it can joy without indulgences and it can live without past and future. Simplicity is like time, it runs every moment, time doesn't know any future or past, it only knows present. It is ever new, fresh, unpredictable and liberal. Though people have divided it in three parts but time is complete in itself.

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Simplicity is also complete in itself. There is no need of any adoration or decoration, no need of any glamour or ornamentation, no need of any tradition or recommendation. There is no need of any propagation. Sun, moon and stars never try to propagate anything about them. Only pretenders or hypocrites do effort for proclamation. They only live on proclamation because they don't have any power of truth, or any reality and even simplicity. They like to show themselves simple but their simplicity may be superficial and deceiving.

Through the lifestyle of a simple man, one can understand the philosophy of Ishavashya.

"Om Purnamadaha ……."

It means, whole existence is perfectly complete in itself, as a simple man feels the completion and satisfaction of his life with his own existence. As well as he feels his association with whole existence. Such life is only lived by pure intellect; there is no need of any cunningness or smartness. There is no question of lacking of anything or including of anything. Though a simple man always remains witness to all and never demands anything.

It is the final door of liberation.

The state of witnessing of simplicity is called 'choicelessness'. It is the state of indifference and the final door of enlightenment. The state of enlightenment is the opening of liberation. Then it is felt beautiful than any beauty, joyful than any joy, and

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live than any life. This life was earned by Socrates, Jesus, Mira, Narsingh Mehta, Chaitanya Mahaprabhu and others.

You can also enjoy this life but it should be earned by your own way.

Blessing with

Maa

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There are many types of fears. Some time fear arises from the feeling of insecurity, some people are feared by birth it may be the effect of genes or chemicals of body. Some time due to any terrific incidence some people remain afraid for whole life, it is psychological problem. It happens due to lack of self- confidence and will power. These are exceptional cases. But, if you sharply observe then you can see the fear of human, always lay at the back of ego and desire.

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Question. 08

- Sharmistha,
Purnia, Bihar (India)

Pujya Maa, how can one become fearless?

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If you want to know the state of fearlessness, you must understand the secrete of fearlessness. What secret is there in case of Buddha, Mahaveera and Isu? There are two things, desirelessness and egolessness. Ego always remains in centre, desire comes next.

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Answer from Pujya Maa

Root causes of fear.

There are many types of fears. Some time fear arises from the feeling of insecurity, some people are feared by birth it may be the effect of genes or chemicals of body. Some time due to any terrific incidence some people remain afraid for whole life, it is psychological problem. It happens due to lack of self-confidence and will power. These are exceptional cases. But, if you sharply observe, then you can see, the fear of human being is always laid at the back of ego and desire.

When a person tries to fulfill his ego; or, his activities are performed by ego, or, one performs every activity for satisfaction of his ego. So, such person always remains fearful from inside. In his mind

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he always thinks, "My ego should not be hurt by anybody, by anything and by any atmosphere." If you want to be fearless, first you must conquer your ego. Ego tries to suppress anybody, suppress others. Ego tries to remain always in centre; ego tries to become a leader. We can see this in our society. One may be political leader or religious hypocrites or other. So-called leaders are always afraid-off. Why???

What is the base of ego?

Whole existence of egoistic people stands upon ego. They are afraid; they always think that somebody will snatch their seat! "I may be defeated!" "I may be powerless!" This ego always tries to remain powerful by borrowed power and clung to seats. In other way, we can say that, the base of ego is ignorance. Ego stands upon possessiveness, and the possessiveness is the result of ignorance, because there is no way to possess anything or anybody for ever on the earth. On whom you will apply your possession? On relationship! No relationship is eternal on this earth. It may be with mother, or father, or son, or wife, or husband. Relationship has been established on this earth by worldly persons.

What I try to say is that, worldly relationship, or every relationship, or every name of relationship is established by worldly man. A question may arise in your mind, "Are there two types of men?" Yes there are.

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Types of men

There are two types of men, worldly man and superman. To me, Krishna was a superman, Mahavir and Gautama Buddha were supermen, Isu and Ashu Jarthrustha were supermen, Mira was a super-lady; neither ordinary nor worldly. They have some divine power, so there was no need of the power of post, money and worldly relationship for them. They had never clung with anything; place or person. Once one reaches to the spiritual state, or divine state, or supreme state, what ever you say, but in this state he goes beyond fear automatically. There, does not remain any type of fear. He doesn't afraid off anything, any person or any atmosphere. Applause and abuse doesn't make any difference to him.

Desires

An ordinary person, or a leader, particularly so called political and religious leaders, or mafia; always tries to suppress others, and tries to frighten others. He always tries to remain leader over all. The desire of leadership, the desire to become a big man, the desire to rule over someone, creates fear behind curtain. These leaders seem fearless but they all are hypocrites they are afraid. That's why, they try to suppress society, suppress other leaders. They always put allegation on others, always play dirty games with malicious ideas though pose them as Mr. Clean in front of society. That's why they always need security guards or commandos. This security proves that they are afraid.

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Understand the secrete of fearlessness

If you want to know the state of fearlessness, you must understand the secrete of fearlessness. What secret is there in case of Buddha, Mahaveera and Isu? There are two things, desirelessness and egolessness. Ego always remains in centre, desire comes next. You may have heard a story, it is a story of ego and desire.

There was a king Shudhodhan. He was a very egoistic king. When Buddha was born, seven predictors came to king's palace. Shudhodhana asked them about the future of his son, Gautam. Six predictors upheld their hands and showed two fingers. King asked, "What is the meaning of this sign of two fingers?" One by one they told that two possibilities were there, either your son will become a great king, an emperor, *Samrat* or he would become *Sanyasin*. There was no need to show two fingers actually, though they do so. Only one genuine predictor Kodanna was there, who had raised only one finger, why? All six were fearful and never told the right thing, due to the desire of award and gift from the king. Vice versa the king, too, was agreed with those six. He was really afraid off "If my son becomes *Sanyasin;* what will happen about my race and who will become successor of my throne and treasure?" He was suffering from the ego of kingship (power); his heart had possession for his son. He believed that his son belonged to him. He had to live according to his order and his royal customs. All these thoughts enhanced

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his ego. He couldn't face the truth. Only Kodanna was fearless. He had no attraction of gift or any desire of respect from the king. He was real *Sanyasin*. His path was the path of truth and he didn't have any vain ego. That is why he predicted correctly.

When you become free from possessiveness, suddenly you feel fearless. When you become mature spiritually, immediately you enter in the state of fearlessness. Only you are responsible for your fear. Don't spread as much that your freedom and joyfulness is disappeared. Don't be as much desirous that you can't fulfill those desires. Don't behave like a child. A child can demand for moon but practically it is not possible. A child has to depend upon other and when other comes naturally sorrow and misery come after it like its shadow. Duality never gives you complete happiness and freedom. Dependency always creates fear or non-satisfaction and sometime creates the feeling of slavery.

If you want to remain a child means ignorant, irresponsible and unaware for whole life then there is no way to be free from fear. Nobody is responsible for your fear because you don't want to prepare yourself to change, to protect by your own and to be free from fear. But, remember! You are not child; even though you are living with fear then you are mentally eunuch. You have no any courage to save yourself or change yourself. You are subdued by so many things. Physically eunuch is better than a mental eunuch. You should have enough spirit to live

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fearlessly.

When you become egoless with awareness immediately you feel that there is no any fear. To be free from desires and worldly attachment, gives you feeling that now you are free from every fear, it is the state of *sanyas*. In this stage, your understanding makes you convince that whole existence works itself. You are a smaller part of it. You should not bear too much meaningless burdens mentally. There is some mysterious power works behind everybody. You are only an instrument of some one's hand and He is invisible.

Desires are endless, nobody can fulfil them. Desires can fulfil only your mind, ego, body or senses temporarily, not you. You have to recognise your real form. You are a pure and subtle form of God in human body. Nobody can kill you. There is nothing like to be snatched because when you came on the earth there was nothing in your possession. At the time of death there is no way to bring anything with you. One, who takes care of whole world, he has been taking care of you also. So, you should not be worried.

If you are ready to increase your understanding in this way, then no need to be feared from anybody.

With blessing

Maa

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Question. 09

- R.N. Grattan,
London (U.K.)

Pujya Maa, what is the difference between aloneness and loneliness?

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You must develop the art of aloneness. Everyone should learn this skill. It is a spiritual skill. A spiritually skilled person is far advance than any other skilled person. Every beautiful thing takes shape from skill and every skill demands aloneness.

To me, aloneness is blessings but loneliness is curse. One must understand the difference between these two.

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Answer from Pujya Maa.

To remain alone is divine skill

Aloneness is the best gift which one can get from God.

You must develop the art of aloneness. Everyone should learn this skill. It is a spiritual skill. A spiritually skilled person is far advance than any other skilled person. Every beautiful thing takes shape from skill and every skill demands aloneness. For example, a gold-smith, a carpenter, a sculptor, a painter or an artist creates beautiful artistic and attractive things in his aloneness; but that aloneness is objective. There, always remains two, creation and creator, because it is worldly phenomenon. I want to tell you about subjective skill, I want to make you aware about your pure aloneness, about non-dual state of aloneness;

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where no ideas, no exercise of mind, no purpose, no duality or division of the body, mind and soul.

Aloneness is always giver.

Aloneness always gives precious and pretty things either internal or external to earth. Sometime it may happen that the flowers of aloneness are blossoming inside and fragrance spreads out in surrounding. Sometimes it remains hidden but fragrance is there. Let it be hidden, after-all fragrance is fragrance. Either today or tomorrow, it has to spread in the form of *Satsnaga* (holy company and divine dialogue), in the form of dance, in the form of melodious *Bhajana*, in the form of service, in the form of compassion, in the form of love or in the form of humbleness and egoless-ness

It is esteem without ego

Aloneness is beyond ego. When one attains the state of aloneness, then who will remain for ego? Ego always clings with body and beauty; it may cling with success or may relate with mind or intellect. Sometimes it is clung with the knowledge, power, qualification, name and fame. Sometimes it is entangled with human on the name of wisdom, on name of spiritualism and on the name of religion. When division of body, mind and soul disappears, immediately ego also disappears automatically. There is no place for ego but after all, ego is ego. How can it stand without its place? The division of body, mind and soul offers seat to it but in the state of aloneness

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these three divisions are dissolved into each other. At that moment, ego is totally melts down and only aloneness remains. This resultant is a result of itself.

The root of aloneness

Thus, we can say the aloneness is such a tree, which is a seed, a flower and fruit also in itself. Such aloneness takes birth from understanding. At the stage of real understanding you naturally achieve that quality; only correct understanding can bring it to you.

Sources of understanding

There are two ways to get real understanding, the first is '*Guru*' and the second is meditation. If you can surrender to your spiritual master without conditioned mind, it may become easier to you. But it depends upon your nature. You should have a lot of faith, doubtless heart; service-full and obedient nature, and loyalty to '*Guru*'. Then and then *Guru* can be the path for you for real understanding. If your nature is independent, you are never ready to leave anything on others, you don't have surrendering nature, you don't like to journey on the path of faith, you are ready to put yourself in any danger without any support or guidance and you are not worried about your safety; you can directly jump in the ocean of meditation and you will find the gem of real understanding. Meditation gives you the capacity to see world with pure vision through which you can distinguish properly, what is worthy and unworthy. To

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me, this is the meditation with open eyes.

One, who has developed the skill of aloneness, is genius in real sense, he is a wise man, he is really knowledgeable, he is knower of a wonder of the world and he is a real seeker.

Foundation of understanding

Real understanding comes from deep silence. One should start seeing the action and reaction of body and mind. One should start to watch his ever changing mind as a witness. Once, one starts to remain aware of the need of body and demands of mind, and knows properly the cunningness of the mind; he will immediately understand this secrete that the mind is reason of bondages; neither person nor relationship. Every relationship is the product of tricky mind. When you start observing its every trick, it will disappear i.e. *'Maya'*. Once you have known the secret of juggler, he can never deceive you or impress you. Once, bird is aware of the trap of hunter, it never goes for grain. Understand carefully! If you want to fly in the sky of delight, freedom and liberation; you must aware of the trap of mind. If you are clutched by trap, you can not spread your wings in the sky. If you are aware of the trap then there is no fear of clutching.

Recognise your real form.

Pay attention! You are a bird; you exist to fly in the sky of delight, in the sky of peace, in the sky of godliness and in the sky of freedom. Your mind is a

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hunter and every moment it plans to spread trap. The trap may be in the form of your body, your ego, your intellect and some other. When, you will be simple watcher of mind without any partiality; that very moment you are alone. 'You are' means the pure absolute.

Only the flow of energy is flowing without any disturbance, without any attraction, without any attachment and without any plan. It has no past, no future, it is just present. Only present remains there. Peace and joy will overflow in you and from you. Let your body works, let your speech talks, let your brain works, but everything will happen under the splendour of the soul, under the power of pure energy, and under the power of right understanding. When you achieve the state of such aloneness; all the bondages will be dropped themselves. There is no need to suppress anything, no need to deny anything. Nothing remains to impose or insist anything on anybody; nothing will be possible to impose anything on you by anybody.

Aloneness and loneliness

Remember! There is a vast difference between aloneness and loneliness. Sometime some seekers may be deceived by loneliness due to the illusion of aloneness. One should try to understand both stages separately. When you find gloominess or an anger or greed or conflict in solitude, consider that, it is the stage of loneliness. Loneliness means emptiness, it has nothing. A lonely person is like a bagger or like a

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hungry person; who can do anything for his hunger because he has nothing. A lonely person ever finds to possess something and possession of someone Let it be only mental possession. But possession is there and possessiveness is poisonous. It creates chaos. Chaos, complaint and complications are always present in loneliness, either inside or outside. Loneliness ever demands for others. Without others it can't survive. Thoughts of others, starts creating duality, and with the emergence of duality you go far from real.

Party, social system and customs of society (house holding life etc.), league, group, sects, etc come in existence due to the fear of loneliness; but the delight of meditation and fragrance of *Sanyas* comes from the state of aloneness.

To me, aloneness is blessings but loneliness is curse. One must understand the difference between these two.

Recognise your state and be steady with the state of aloneness.

With blessings

Maa

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Question. 10

- Swami Shaileshwar,
Vadodara, Gujrat (India)

Pujya Maa, what are the qualities of real disciple?

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Slowly- slowly the temptation of fruit is dropped with the conviction in Guru and Guru becomes whole and sole for him. In this way he easily, spontaneously and suddenly reaches to real.

At that moment he enters the state of self-realisation and immediately he achieves the reward of perfect disciple, simultaneously a perfect Guru also. Either he preaches to other disciples or not, but subtly a real disciple is transformed into a Real Guru.

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Answer from Pujya Maa

1. Who is real disciple?

One who is eager to know truth, is real disciple, when real disciple is born in your heart then real Guru will come to you. There is no need to wonder for Guru. If you start to wonder to seek Guru; since the fire of truth never arises in your heart, he will not meet.

2. Obstacle in path of disciple.

If you need a Guru for your solutions of spiritual questions, you should understand that your path must be the path of faith and surrender. You are not able to reach to real, without the help and guidance of Guru. Without the guidance of Guru, if you work independently, you may be misguided by yourself.

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To be a real disciple, is more courageous than independent journey. If you have not the feeling of surrender to anybody but you are a traveler of spiritual journey, means you want to work with your ego, then ego will give you power and platform. It will support you. Finally, you have to be free from ego but there is no need to drop it in primary stage. But, if you need a Guru, you want to take support of Guru and to achieve the grace of Guru. Then first of all you have to be ready to drop your ego, because the whole existence of human being stands upon ego. An ordinary person can't become free from ego easily and to be a real disciple you have to drop your ego that is why I am telling that, to be a real disciple is more courageous than the independent spiritual journey. Without dropping your ego, you can't enter the world of surrender. It is the initial stage for initiation.

3. What is real initiation?

The procedure of initiation is only needed at the beginning of spiritual journey but if it become only formality then it is meaningless. When burning desire occurs in your heart for knowing truth, the tremendous thirst evokes to know 'who am I' or about real or reality which lays behind world. It is the very moment of initiation. Rain seems precious, only when land is thirsty. In this way, without spiritual thirst, there is no meaning of Guru or the readymade traditional procedure or function or formality of initiation.

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4. The qualities of real disciple.

Remember! Let the earth may be thirsty. If it has no acceptance or capacity to digest or to absorb water, raining is meaningless. Similarly the quality of acceptance and absorbing of knowledge are must in disciple.

4. a. Acceptance

Acceptance is related with egoless state. Whenever ego remains in the mind of disciple his heart never becomes ready for acceptance. You can see that many enlightened men of world like Buddha, Mahaveera, Krishna, Jesus etc. – look like womanly. To be a womanly is not laughable. One can tries to understand this statement sincerely, physiologically, and chemically also. Ego and acceptance both are opposite phenomena. Only egoless state can create place for acceptance.

4. b. Love and service.

Generally, woman handles the home. We use to say for non-working lady as a 'house wife'. She is a real wife. One who performs duty for her home with tolerance, humbleness, acceptance and dutifulness. Without understanding or intellect how is it possible to handle whole family in such way?

Lady, who really handles her home without any conspiracy, partiality or politics; she is in real sense intelligent, egoless and great. To me, this is also a stage of enlightenment, which she has achieved with love, service, affection and surrender. Due to these

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qualities she can sacrifice her whole life for her family. This way a real disciple can sacrifice his everything for his Guru means for his spiritual progress.

4. c. Surrender, courtesy and truthfulness

To be a real disciple or really surrendered person; one has to develop some womanly qualities like humbleness, trustfulness, softness and egolessness etc. In the course of time a real disciple is transformed subtly as a real Guru like Buddha and others.

Obedience and service are two sides of a coin. You can't become ready to perform service to anybody without obedient nature. Once you achieve the virtue of obedience, automatically your mind becomes ready to perform any service to your master. If you are ready to obey to order, there is no possibility of disorder or insult of order.

5. The miracle of obedience.

Many times the work itself becomes worship for disciple. Disciple never decides what type of service should be done by him. He never asks for it. He never thinks or prepare for it. Even though, he performs everything perfectly due to the love towards his Guru.

Yes, a servant can ask without joining his job, "what type of work he has to do?" Because he doesn't love his boss, he loves his salary. But a disciple never asks questions arithmetically. He has no calculation, no condition, and no contract. He is in love deeply with his Guru. He is only interested in Guru; not in

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knowledge, not in name and fame, not in preaching, not in seat, not in money but always in truth. He clearly knows that Guru is the very source of truth. Like a glimpse of Sun is the whole address of Sun. In this way, there is only way for him and that is his Guru.

6. The result of discipline.

Slowly-slowly the temptation of fruit is dropped with the conviction in Guru and Guru becomes whole and sole for him. In this way he easily, spontaneously and suddenly reaches to real.

At that moment he enters the state of self-realisation and immediately he achieves the reward of perfect disciple, simultaneously a perfect Guru also. Either he preaches to other disciples or not, but subtly a real disciple is transformed into a Real Guru.

With blessings

Maa

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When a disciple may have eager for Guru, similarly Guru also seeks proper disciple. The existence brings them together. When disciple surrenders before Guru and Guru is ready to accept his surrender. At the same time Guru also surrender before disciple. It is a subtle process.

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Question. 11

- Rameshwar Sharma
Jaipur, Rajasthan (India)

Pujya Maa, to whom I can say a real guru in this critical condition of "Dharma"?

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Guru means a result of subtle process which has started in past, but now past and future have disappeared and only present is present. When seed bursts, plant grows, buds come up in the plant and flowering starts. Fragrance spreads and that fragrance is a declaration of the manifestation of a Guru.

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Answer from Pujya Maa

THE REAL GURU

Who is real Guru?

The real Guru never declares himself as a Guru; he never tries to establish himself as a Guru. Any flower never propagates about itself. Due to its fragrance, we can know that flower is blossomed. The sun never goes for any publicity and never gives any advertisement in any newspaper that it is raising. But, whole nature gets ready to welcome it. A river never sends any message to people that it is going to pass through their village. Rain never sends any e-mail or SMS to earth that it is going to rain. Though, whole existence notices it, this way a real Guru start his work subtly without any propaganda, without any

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declaration, without any invitation and without any expectation from humanity.

Recognise the hypocrites.

Who, however, declares himself as a Guru, is a pretender. There is no need of publicity for master hood. The mastery is a mysterious thing as well as the quality of master is also subtle phenomenon. Nobody can see it through physical eyes. For knowing the state of master, certain readymade ideas of religious traditions are useless and false.

A sectarian rule about Guru is a politics of so called religion. There are so many so-called Gurus or religious agents exist in our society. Now a day's many religious agents are acting as a master. They are not able to be like 'senior' so they are happy to put word 'junior' before his name. But, acting is after all acting, there is nothing real. They act as master, since they have no ability to be a real master. There are many so-called masters, who are performing drama in our society, and people are deceived. These masters don't have any spiritual power. They don't' have any silence, any peace, any aura or any compassion like real master. They are not worthy for the seat of real master. They look partial. They are like mocker and joker, nothing more than that. They use to put-on dresses like a master. They set their beard, moustache and hair style like master. They adopt style of master. They publish themselves as a master, and try to copy as possible as of Guru. Though, they can't be a real Guru.

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The Guru cannot be found through any particular dress or uniform. He has no relation with any sect or tradition of religion.

Glory of Real Guru

A real Guru has the fragrance of self-realisation and wisdom. Seekers are attracted by him naturally.

The way of preaching of real guru is different. He has no readymade knowledge for his disciples. Real guru never fills the brain of disciple with false concept. He never creates fear in the mind of disciple. His every movement becomes part of his preaching. His every word, attitude and behaviour becomes preaching. He preaches spontaneously. There is no need of any scripture, any borrowed philosophy or any cramming. Whatever spoken by him becomes true and auspicious, because his words may be coming from experience, not from intellect, not from logic and not from any readymade philosophy. A real guru always gives something new and fresh. That is why, he becomes effective and easy to absorb. With the company of real guru, one's transformation happens automatically. A real guru never tries to create any miracle or never tries to impress his disciple but sometimes you can feel suddenly that miracle happens naturally in the presence of real guru. A real Guru can read and understand the heart of disciple. Word 'Guru' has come from Sanskrit language. Guru means great. One, who is great in spiritual experience, one who is great by heart, one who is great in acceptance and one who is great to forgive

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others faults, is real guru. He is never impressed by anybody, never impressed by other's name and fame, or never impressed by your prosperity. He is only impressed by your guileless heart.

Guru - a milestone and strong foundation

A real Guru eagerly waits for right person and ever remains ready to help spiritually his disciple without any expectation or attachment. He only expects your integrity, your interest, your conviction and your awareness. The real Guru remains always attached with his disciple, visibly or invisibly, but this attachment may be without attachment. I can say it is attached detachment which means He remains always attached subtly with his disciple but never cling him, never tries to clutch him. He gives the chance to disciple first to be a disciple in real sense and then to become a real Guru.

Once, the disciple knows that there is nothing behind curtain means the every attachment and attraction are dropped, the mind means Maya, works there but it can't disturb him and now there is no place for illusion. There is nothing fact anything of mind. It is created by illusion. It is illusion itself and its product is also illusion. With this correct understanding and experience, he can become free from bondage of mind. When mind is dropped, suddenly he is transformed as a Guru.

To be a guru, there is no need of a group of disciples, no need of any temple or no need to be a head of any monastery or to connection with a

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particular sect.

Guru means no formality but a happening.

Guru means a result of subtle process which has started in past, but now past and future have disappeared and only present is present. When seed bursts, plant grows, buds come up in the plant and flowering starts. Fragrance spreads and that fragrance is a declaration of the manifestation of a Guru. This way one by one some seeds become mature and the fragrance of truth, the fragrance of realisation, the fragrance of awareness, the fragrance of wisdom and the fragrance of delight comes in the existence. And this way the real and spiritual tradition of Guru and *Shishya* remains continue.

When a disciple may have eager for Guru, similarly Guru also seeks proper disciple. The existence brings them together. When disciple surrenders before Guru and Guru is ready to accept his surrender. At the same time Guru also surrender before disciple. It is also a subtle process.

A real Guru never loves the money of disciple or status of disciple. He may deeply love his disciple existentially. That's why; he always protects his disciple, sometime like a mother, sometime like a father and sometime like a friend according to time and worthiness of disciple.

A real Guru sometime looks like an ocean of mercy and sometime a volcano, according to the demand of time. When He feels that spiritual process

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have become complete, He makes his disciple free to work independently. A sculptor stops to hammer when idol have taken shape.

One, who celebrates the moment of coming and going of disciple, is a real Guru. Real Guru only is a path of wisdom. He becomes a womb of real knowledge but never possesses anything and never wants to remain as a head.

With blessings

Maa



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